

Abstract

Title: Football as an extracurricular activity at a grammar school.

Objective: This issue has already been written many works. Most of the research that I have studied, however, carried out in primary schools. Therefore, I decided to deal with this issue at grammar schools, because I think that students of grammar schools no longer have that study as much free time for extracurricular activities. The aim of my thesis is to find out how they stand football as an extracurricular activity with regard to other activities for children in this age. Furthermore, how much free time students have grammar schools, and how to handle this free time. Whether their school offers some activities or rings that could children in their spare time to attend. In conclusion, I followed the doctor Tomas Malkus discovered his opinion on stretching and compensation exercises in sports.

Methods: Data were collected by the method of quantitative questioning a particular interrogation method using an anonymous questionnaire with open and closed questions and structured interviews with open and closed questions. To the the research sample included respondents are of the grammar school above the table. The questionnaires will work out a controlled interview results and converts them through text and graphs in this thesis.

Results: This thesis brings a lot of interesting information about free time grammar school students. Based expressed hypotheses and subsequent research, I learned that the most popular and most practiced sport is football respondents. It was confirmed also that young people do not seek active involvement in school activities organized by the school, and they prefer to spend their free time in activities organized by other bodies. Also proved the veracity of my assumption that the choice of sport child is usually determined by parental example. Unconfirmed remained two latter hypothesis, that most footballers have time for other regular leisure activities and that most footballers, their coaches devote adequately compensating stretching and exercise. Very beneficial was also an interview with doctor. Tomas Malkus.

Keywords: football, extracurricular activities, youth, teacher, sports training, age patterns